

THE WASHINGTON TIMES DAILY MAGAZINE PAGE

Where Are Rhymes of Yesteryear?

The Column Languishes for Dearth of Poetic Genius, While the Works of Lowell Are Ready to Give First Aid to Needy Rhymers.

Concerning Poetry.
The White Rabbit has written a piece for the column. It seems that the spur to this unprecedented mental activity has been the dearth of poems from contributors. The White Rabbit is very temperamental, and has a soul above prose. Nevertheless the short piece presented in criticism is well worth reading.

HOW TO WRITE POETRY.

By the White Rabbit.
I feel the need of more verse, in this column. True, there have been certain lyric gems that will live down through the ages immortalized in deathless type. But these poems have been all too few. In fact, it may be said that Turbulent, Stellas, Kora, and Ronald Germaine ARE the poetic pillars of this diurnal symposium.

For those who would rhyme but know not how, we would suggest a perusal of a certain poem by our distinguished friend, James Russell Lowell. The piece in question is entitled "The Unhappy Lot of Mr. Knott."

Take the simple sound of a. His manipulations of the English language about that one syllable are nothing short of inspired. Who now, would think of rhyming it with the following assortment: library, pneumatology, Dees, pie, fee, see, bee, tree, Q. E. D., demonomania, perigee, disagree, apogee, sea, glue, me, cryptography, cab dress? What modern poet displays such ingenuity?

Lowell's maneuvers with the modern and dead languages do not stop there, however. "The Unhappy Lot of Mr. Knott" is one long rhyming dictionary. In fact, here is still another collection: Wide, countryside, pride, verined, allied, denied, piled, tried, bestride, piled, multiplied, died, replied, wide derided, tied, sighed, cried, eager-eyed, piled, dried, guide, and decide.

But this is not all. Twenty-four words are rhymed with "train." Even then he doesn't exhaust the possibilities of that sound, for even though he adds Jane, slain pain, stain, Crane, Maine, vain, rain, Cain, t'ween, sprain, plain, wane, sane, remain, retain, Spain, Paine, train, main, wain, chain, and again, he overlooks the possibilities of brain, explain, refrain, and a few others.

Some one has said that Milton was a bore because he persisted in rhyming. But Milton never collected such a varied assortment of rhyming proper names as did the indefatigable Mr. Lowell. Here is his contribution: Mirabeau, Cicero, Marivaux, Junot, Rousseau, Defoe, Le Gros, Crow, Pridmore, Bristol, D. Foe, Fox, Fendall, Beauclerc, Rea, and Esquimaux. The White Rabbit frankly admits ignorance regarding most of the names on that list.

The fact remains that if a man like Lowell should find rhyming so easy, why not some of the poets of today? You don't hear them talking about Rousseau and the Esquimaux in such familiar terms. The White Rabbit doesn't know them himself.

As a suggestion merely, we remark that it might be wise for the W. R. to practice what he preaches, and send a few deathless rhymes immediately. He has been all too lazy for many moons. Now that the White Rabbit and lettuce is up, however, he may be lured out into the open.

THE CONDUCTOR.

Illusion's End.

When there's not a little wonder that they're granted you alive.
When there's not a single tiny little vision may survive.
When the world's just to awaken you.
When the world's just to awaken you.
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Why, then, oh, mourning, dreamlike one,
You'll find some springtime morning
That a brand-new flock of little baby rainbows is a-borning;
And a new little dream, that lifts its head and
Will perch upon your bedpost and press its little wings;
And new little dewdrops will glisten in the sun,
And quiver with the joy of life, and mirror you the sun;
And new little fairies will happen in the air,
With moonlight-mantled dresses and star dust in their hair;
And really chains of silver and alabaster strings
Will bud upon your Christmas tree, like truly growing things;
And that's the way 'twill always be (the fairy folk have said)—
There'll always be a Christmas tree.
Dreams CAN'T stay dead.
—Miriam Teichner. In the New York Globe.

A New Way to Cook a Whole Fish.

Serving a fish whole has not only the advantage of presenting a handsome appearance, but also utilizes the head of the fish, the meat on which in many kinds is especially fine. To boil a fish whole was once a serious undertaking. The fish had to be wrapped in a cloth and then a long fish had to be cooked in a round kettle and out again without being broken. In these days, however, there is on the market an enameled ware kettle which is long about the right size for a fish, and in which it can be cooked without any danger to its appearance. The place of the under and troublesome cloth is taken by a tray on which the fish is placed. This kettle with the tray removed is available for cooking hams and legs of mutton. It is the sort of kitchen utensil that is so convenient that one wonders it was never thought of before.

Seen in the Markets

BUTTER beans are now to be had in plenty, though they are still sold by the quart basket. These are 10 cents.

Eggs vary in price from 35 cents up to 35 cents a dozen, according to quality and freshness. Even at this price, there is a distinct difference between it and the 40-cent scale that held during the winter months.

Tub butter of best quality is still 40 and 45 cents a pound. The usual drop in price has not taken effect this year, and the so-called "summer reduction" in dairy products will be omitted.

Crab meat is selling for 15 cents a pint at some stands, 20 at others. This is distinctly different from the crab cake, which has the bits of shell entirely removed.

The price on pork products changes very slightly from week to week. This is particularly true of the smoked meats. Sliced ham for sandwiches is 20 cents a pound, while uncooked ham for broiling or frying is 30 cents. Whole hams are slightly cheaper.

Cucumbers are of much better quality than those of the past. They are not particularly flavorful, but they would serve for cooking. The average price is 10 cents a quarter of a peck, a fairly sure indication that they are not of the best, for good, sound apples rarely sell for less than 15 or 16 cents.

Few varieties of apples still remain in the markets. These are small and not particularly flavorful. Full, though they would serve for cooking. The average price is 10 cents a quarter of a peck, a fairly sure indication that they are not of the best, for good, sound apples rarely sell for less than 15 or 16 cents.

Spring onions are growing larger and incidentally tougher. They are still plentiful, though some are threatened to shove them out of the way within a few weeks. Three bunches for 5 cents is the average current price.

RECIPES

Sugar Cookies.

1/2 cup shortening.
1/2 cup sugar.
1/2 cup milk.
2 eggs.
4 cups flour.
2 teaspoons baking powder.

Flavoring to taste, one teaspoon vanilla, the grated rind of a lemon, or one-half teaspoon grated nutmeg.
Cream the shortening and sugar together, beat the eggs, roll and whites together; add milk and beat again; add slowly to the creamed shortening and sugar. Add three cups flour and sifted powder, which have been mixed together. The dough must be stiff enough to roll out on floured board; cut with cake cutter, sprinkle with sugar. Bake on a greased pan, return to stove, put the English walnut. Bake ten minutes in hot oven.

Pea Soup.

3 cups split peas.
2 teaspoons grated onion.
1 teaspoon chopped parsley.
1/2 teaspoon dried thyme.
2 teaspoons flour.
2 teaspoons butter or bacon drippings.
1 teaspoon salt.
1/4 teaspoon white pepper.
Dash paprika.

Wash and soak the peas twenty-four hours in three quarts of cold water. Drain, put on to boil in six cups of ham stock; boil slowly or simmer for four hours at least, or until soft. Mash through strainer, return to stove. Put the butter or bacon drippings into pan; when melted, add the onion; cook through and add the flour; mix until smooth and add to the peas; add the salt, pepper, parsley, thyme and paprika. Serve with bread croutons. This will be enough for two meals.

Pineapple Tapioca.

3 cups pineapple water.
1/4 cup sugar.
2 tablespoons granulated tapioca.
A few grains of salt.
Put the pineapple skins from Sunday's pineapple into saucepan with four cups of cold water and boil until there are only two cups of water; then press all the juice out of the skins; strain through piece of cheesecloth, return to

the skins. The amount of jelly depends on the size of biscuit.

The biscuits are separated or broken in half white warm. In center place a teaspoon of red jelly. Cover and serve while warm. The amount of jelly depends on the size of biscuit.

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FEMININE FOIBLES - By Annette Bradshaw



WHICH SHOES?

fire, add the tapioca, sugar, and salt, and boil until clear. This can be served with whipped cream if desired.

Poached Eggs on Milk Toast.

4 slices toasted bread.
4 eggs.
1 cup milk.

Put the milk into a small, shallow pan; break the eggs one at a time in a saucelike and put into boiling milk two at a time, as one cup of milk is not sufficient for four eggs at one time. Lift the eggs out of the milk carefully with a spoon and place one on each slice of toasted bread. Pour the milk around the toast and garnish with sprigs of parsley. The eggs should be cooked three or four minutes, or to your liking.

Milk Biscuit With Jelly.

2 cups flour.
2 teaspoons baking powder.
2 teaspoons shortening.
1/4 cup milk.
1/4 teaspoon salt.

Sift the flour, baking powder and salt into a bowl; rub in the shortening lightly with the tips of the fingers; then add just enough cold milk to hold together. Roll or flatten out with hands (on floured board) 1 inch thick; cut with biscuit cutter. Place on baking pan, brush top with milk and bake 12 to 15 minutes.

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The Woman Of It

By HELEN ROWLAND.

Why Is a Blonde Always Called "She," Like a Cat or a Ship?

"W"HY is a blonde always called "she" like a cat or a ship?" inquired the Widow, leaning off to admire the painted green and yellow parrot with which she was daintily adorning a floppy, big garden hat. "One would fancy, from all the interesting discussions about them, that 'blondeness' was a matter of sex, instead of a matter of coloring—and that all blondes were feminine."

"Well, aren't they mostly?" inquired the Bachelor innocently, as he regarded her dimpled elbows and the delicate touch of her brush with impartial admiration.

"On the contrary," returned the Widow, with a toss of her head, "a cat is usually masculine—even when it's feminine. I mean," she explained, "that cats possess the same masculine love of ease, the hatred of being tied, the propensity for wandering abroad at night, the amorous propt, etc."

"And a blonde," rejoined the Bachelor hastily, "is usually feminine—even when he's masculine."

"That's nothing but pure jealousy on your part," remarked the Widow, glancing significantly at the Bachelor's dark brown hair and gray eyes. "But if you mean that blond men have the sweetest dispositions and the most fascinating ways in the world—perhaps you're right. They never have 'moods,' Mr. Weatherby, nor fly into tantrums, nor insist on talking Nietzsche, or business, or politics—or anything but flattery and sentiment. They are the ideal lovers of the world!"

"Hear, hear!" cried the Bachelor, satirically. "They always aim to please! They always follow the path of least resistance—and never tell you the truth unless it's pleasant."

"Did you ever see a grouchy, confirmed old bachelor who was a BLOND, Mr. Weatherby?" inquired the Widow, with a cold glance of challenge.

"No," acknowledged the Bachelor, ruefully. "Most of the blonds I know personally are grass-widowers, who married early—and often. Why, some of our most popular bigamists have been blonds!"

"Poof!" and the Widow dismissed the cynicism with a wave of her brush. "That's because they're so tender-hearted and unselfish and easy-going. Mr. Weatherby, they simply can't refuse a woman anything—business, a wedding ring. They are the easiest thing in the world to marry!"

"And the hardest to keep married," rejoined the Bachelor, acidly. "Yes," sighed the Widow, "marriage to a blond is often merely a temporary affair; but it must be pleasant while it lasts."

"Something like having a nice, tame, purr, white Angora cat around the house," queried the Bachelor, enviously. "Well," retorted the Widow, "that's better than having a big, clumsy Newfoundland dog around, always tearing up things and growling and barking and looking for excitement and creating scenes. That's the brunette temperament. It wears on a woman's nerves as our most infuriated business, or politics, or anything but flattery and sentiment. They are the ideal lovers of the world!"

"But a blond never worries about a little thing like a bill," resumed the Widow. "If he has plenty of money, he is always generous with it."

"And if he hasn't," rejoined the

Frequent Rest For Eyesight Is Needed to Keep Vision Normal

By DR. LEONARD KEENE HIRSHBERG.

ALL men are not born physically equal, despite the political keystone in the American Constitution. Moreover, through the kind and unkind buffeting of haphazard and fortuitous chances of circumstances, all sorts of conditions arise, which impair and diminish in various degrees the efficiency or "equality" of different people.

The eyesight is typical of other pathways to the mind. The "mind"—wisdom, knowledge and the capacity to form clear judgments—depends upon the near-perfection and efficiency of the vestibules through which the realities of the world enter your intellect.

The eyes are truly "windows of the soul," because the reflective and intellectual properties of the individual are marred, if the eyes bring him partial truths or false images of spectacles, approximations and other unrealities, because poisons, irritations or tumors inside the eyeball or optic nerve send absurd messages to the rest of the anatomy.

It is no more to those who follow these accounts to be told that the general comfort and well-being of the person suffers as well as his mental processes whenever the eyes are below par. Headaches, nausea, disturbed stomach, the "blue devil," tired feeling, and many other physical disorders are only a few of the distinctly practical and tangible troubles at times traceable, not to diseases of deformed eyes, mind, but to vision that may be called inefficient.

Continuous and unfair overwork of the best born eyes may cause just such disorganization of the thoughts and the physique as is here pointed out. Thus, the so-called "visual purple," or photographic material, which lines the interior and back wall of the eyeball, if exposed too steadily and persistently

under a strong light, will decompose too rapidly for the vision's good. It will be used up more rapidly than it can be reformed and regenerated.

The upshot of this is that the eyes may be injured by excessive use. Since most eyes are not by any means perfect, average normal eyes themselves are thus damaged. Strong light may be justly called a marplot to health and mental vigor.

Artificial Light Danger.
Unhappily, the intensity as well as the composition of the various artificial lights used for reading, writing, and work are far from being popularly known. Whereas oil and candle light were soothing and comforting, the eyes in days gone by, and the degree of illumination by them was only a matter of quantity, the electric, gas and other strangely new illuminations of today have been anything but a "lead, kindly light" to the human eyes.

Modern lighting is so pregnant with chemical and magnetic ultra-violet and violet radiations—that is to say, commercial lighting by gas and electricity is often so powerful in its effects upon the workers' eyes—that in some cases injury has been visited upon the eyes of some persons.

Relief must be obtained by a more liberal dispensation of diffused sunlight. Almost every one must spend a few hours in the broad daylight, where narrow streets and restricted vistas do not pin down the pupil and the focus of the eye to a much hedged-in vision.

Voyages on the bays and rivers, little journeys into the open country, eight or nine hours of restful sleep, corrective eyeglasses, and proper rest and relaxation at frequent intervals when not able to go into the fields or upon a broad expanse of waters, will relieve the distress and re-enforce the failing judgment, too often the sad companion of inefficient eyes.

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Answers To Health Questions

B. J.—Please tell me how erysipelas comes and its symptoms.

Erysipelas is an infectious disease very often contagious. It is due to a bacterium called the streptococcus. There is a deep scarlet inflammation in the infected part, and usually a fever is present, spreads very rapidly if not treated.

W. A. T., Bristol, Va.—Where can I obtain the vaccine that kills the rheumatism germ?

Vaccines for various kinds of joint diseases are to be had from almost any bacteriological supply house.

S. L.—Is there any way that diphtheria can be put in the cheeks?

Laugh, smile, and be cheerful, no matter what disappointment or unpleasantness occurs, and Cupid's bow will put smiles in your cheeks.

C. L. W.—On arising in the morning I am just as tired as when I go to bed and have no desire or energy to do anything. What will help me?

You should be outdoors in the fresh air and sunlight. Get up in the morning and sleep ten hours in the twenty-four in a well-ventilated room. Eat plenty of green vegetables, fresh fruits, rich and nourishing foods. Drink three or four distilled water daily and keep the bowels active.

Bulky vegetables, oatmeal, corn bread, figs, dates, oranges, berries, peaches, and other fruit, spinach, prunes, currants, cranberries, grapes, baked apples, olive oil, cod liver oil, and cod liver oil are helpful. The use of a small electric vibrator on the abdomen may also help. Take one tablespoon of milk of magnesia three or four times a day, after meals. Dancing, skating, gymnastic exercises, swimming, circular massage, and bending over to

Constant Sufferer—I have a severe pain in my head, which spreads over the entire head. Could this be due to some derangement of the organs of the head?

There are so many possible causes of headache that they must all in turn be searched and eliminated. It may be caused by overexertion, lack of sleep, constipation, or overeating in the eyes, and many other causes.

A Perfect Abstinence—Will you please tell me what to do for my nose, which is so sore and itchy and it is very bad in perfect health. What will you advise?

Massage the nose with glycerine and peroxide. The color is probably largely due to some derangement of the organs of the head. The color is probably largely due to some derangement of the organs of the head. The color is probably largely due to some derangement of the organs of the head. The color is probably largely due to some derangement of the organs of the head. The color is probably largely due